

SOCCER

By SAMUEL FRALICK



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DEDICATION

This book has been made possible by the teachings of Joseph Cermak, retired soccer coach, whose efforts instilled in the writer a desire to learn the game as well as a desire to study and teach the game to others. Mr. Cermak influenced the lives of thousands of boys when he taught physical education at Medill High School and during thirty-seven years of active participation in the game.

Now eighty-five years old, Mr. Cermak is known as soccer's "Grand Old Man."

SAMUEL FRALICK

ACKNOWLEDGMENT

My appreciation and sincere thanks to Leo Fischer and the Chicago Herald American and Scholastic Coach Magazine for their thrilling action pictures. Also thanks to Joseph Cermak without whose advice and good counsel there would be no book.

SAMUEL FRALICK

I. SOCCER—ITS ORIGIN AND BASIC PRINCIPLES

THERE are several versions of the origin of soccer. One soccer historian reports the game began around the time the Vikings were trying to invade Saxony and the capture of a Viking occasioned a game of football with the prisoner serving as the football. Later the game was accelerated, according to this historian, by beheading the victim and using only his head as the object of the booting.¹ From then on the sport progressed from rolling heads to the present-day inflated round leather ball.

Another historian reports soccer originated in ancient Greece where the game was called Harpaston. Here the ball was propelled by any possible means over lines which were usually at opposite ends of a town and were defended by the opposing teams.² The Romans soon began playing the game and used it for military training. As the Romans conquered other lands, the sport was introduced there.

Regardless of its origin, soccer is the one truly international sport. It is the national sport in most countries of the world. This may be attributed to the Romans who introduced the game (called football in most of the nations), but much of the credit should go to the game itself.

It is perhaps the simplest sport for participant and spectator alike to understand. It is one which most athletes can master with ease if the proper procedure is used in teaching the fundamentals.

Soccer appeals to the novice because the fundamental movements are such that the beginner finds himself equipped to play the game the first time he tries it. It is not limited to any special age group because the prime requisite is condition and stamina.

It is one of the safest conditioning sports because of the restrictions on the use of hands and the limited body contact. Co-ordination and self-control are developed.

What makes the game more acceptable to schools, colleges and organizations is the fact that little special equipment is required and, if necessary, the game may be played in ordinary gym clothes. Equipment includes a pair of soccer shoes, shin guards, short pants, long-sleeved shirt and woolen stockings.

¹ Bill Jeffrey, 1943, NCAA Soccer Guide.

² Soccer, U.S. Naval Institute.

Since the postwar athletic program will find soccer being played more and more at all levels of education, this book tries to give the coach, the player and newcomers to the game of soccer a basis for learning the game and for improving to that stage where its basic movements and intricate play situations may be mastered.

This book covers the fundamental movements of the game and also provides definite practice schedules arranged for coaches. It defines and explains the type of positions, and the type of players who best fit into these positions.

Physical education students, teachers, playground directors, boys' club and camp directors will find it a useful volume in their library of sports books.

Soccer is a game played by two teams of 11 men each. An inflated round leather covered ball, slightly smaller than a basketball, is used. The ball is propelled with any part of the body except the hands or arms. Only the goalkeeper may handle the ball with his hands or dribble it within the penalty area. (See the Official NCAA Soccer Guide for complete rules and definitions of the various areas and game features.)

The positions on a team are: goalkeeper, left fullback, right fullback, left halfback, center halfback, right halfback, outside left, inside left, center forward, inside right, and outside right. Here's the way two teams should line up at the start of a game.

The field of play is a rectangular area and is generally called the pitch. Each governing soccer body may decide on the exact length and width of the fields in its particular sphere of influence. However, the United States Soccer Football Association, chief governing body of soccer in the United States, designates that fields should be not less than 100 yards or more than 120 yards in length and not less than 50 yards or more than 75 yards in width. In any event, the length should exceed the width. The marking of the field is shown in the above diagram.

The goals, situated in the center of each goal line, are eight yards wide and eight feet high with the goal nets attached to the uprights and crossbar and extending back at a 45-degree angle from the crossbar to the ground.

The purpose of the game is to kick the ball into the opponent's goal. A goal counts for one point and the team scoring the most goals during the two 45-minute halves (colleges play four 22-minute quarters and high schools two 35-minute halves) is the winner.

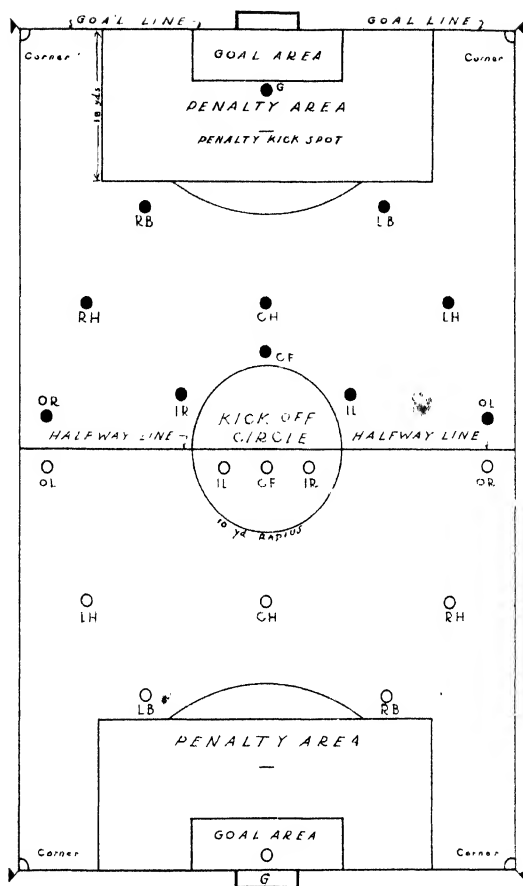


DIAGRAM OF FIELD

And Line-Up of Team for Kick-Off

Dimensions:

Field—100 to 120 yards long, 50 to 75 yards wide.

Goal—8 yards wide and 8 feet high.

Goal Area—6 yards long and 20 yards wide.

Penalty Area—18 yards long and 44 yards wide.

Halfway Line—Drawn across the field at center mark.

Center Circle—10-yard radius from center of field of play.

Penalty Kick Mark—Midway between goal and penalty area lines.

Corner Flag—Flag on post with nonpointed top should be placed at each corner. It should be of some bright color.

Corner Area—Quarter circle of 1-yard radius from corner.

II. SOCCER—A TEAM GAME

SOCCER is a team game but it also gives an individual player ample opportunity to display his talents. Properly organized team play does not oppose the individual role. Instead it makes use of it by fitting the individual and his particular ability into the general scheme of play for the entire team. It should be remembered that individual play and team play must be co-ordinated.

All offensive systems are primarily concerned with freeing a player for an opportunity to score. A clever performer, once he has reached the scoring area, rarely moves aimlessly in seeking a scoring opportunity.

Winning soccer requires a scoring combination, but victory depends also on preventing opponents from outscoring you. Any system of play requires an airtight defense as strong as its attack.

It is difficult, in discussing and describing team tactics in soccer, to draw a decisive line between a system and individual action. The sum of the individual player's movements makes up the team system. We cannot divorce one from the other. The important thing to bear in mind is that there is a definite, mechanical way of advancing the ball into the scoring area.

A planned attack calls for long training in the fundamentals of kicking, passing, dribbling, trapping and heading. It requires diligent practice of offensive plays, passing maneuvers and constant alertness.

A well-coached team should be aware of each step in the attack and the reason for it.

Speed and deception in movement and passing, coupled with a feint or slight break in direction, will often free a man for a shot at the goal. For example, an outside right coming in from the sidelines may bluff or feint a pass to the center forward, then break away sharply for a shot at the goal. The center forward may use the same maneuver in outwitting the fullbacks by bluffing a pass to an inside man, breaking rapidly away for the goal and shooting on the run.

To develop a polished attacking technique, the soccer coach will find it necessary to have his players in good physical condition. He also must teach them the intricate dribbling movements necessary to outwit the defenders in the various parts of the forward line.

The beginning coach should not become discouraged when he finds that his team, in the first year of competition, is not kicking the ball as well as its opposition or enduring so well in the second half or keeping to their proper positions in the attack. As the team goes through its schedule, the members will become better players, stronger and aware of their early season mistakes.

Soccer ability will show up stronger in the second season of play. Several players will have picked up the game in the first season. They will carry the rest of the squad and cover up for them in most of their games. For example, a coach having only five good athletes to build his team around the first year will help the team considerably if he concentrates his strength in the defensive positions. This will give the players a chance to hold the opposition to few scoring chances.

Every sport played on a varsity basis has a definite pattern of play planned by the coaches in charge of the particular sport. Soccer also should be played with a planned attack, the players being given definite assignments in their various positions.

Where does the attack begin in a soccer game? It can be started from any position on the field; an intercepted pass in the halfback line, a throw-in, a free kick or a corner kick.

Two types of offensive play are in general use. The professional or highly developed type of attack is based on a short passing game.

The second type of attacking play concentrates on the long pass from the halfbacks to the outside left or right, or to the center forward. Two inside forwards also may start a long passing attack by cross-passing from the right side of the field to the outside left, or from the left to the right side of the field.

Soccer players will devise their own scoring plays after they have been thoroughly taught the basic fundamentals necessary to the game. It is good strategy to give plays in soccer as they do in basketball, but there are times when situations change rapidly. Therefore, a player should be ready to take the initiative for a quick dribble past a defense player or an unexpected shot at the goal.

A team playing well together will set up many scoring chances in a soccer game, but a team, dependent on one or two individuals for scoring will not go far. Eleven players working as smoothly as a machine and having a planned attack are worth watching.

The key men in the attack, the center forward and the outside left and right, should be familiar with each other's pattern of play. The best way to get acquainted with these is constant practice together.

III. BASIC RULES

THERE are some basic rules which must be learned before one starts playing soccer. It is easy for even the novice to kick a ball, but before he starts on the road to participation in a regular game, he should know something about the rules governing the sport and that is why we take time out here to list briefly the elementary regulations.

The basic rule is: when is a ball in play? Once the field has been marked off, goals erected and the teams take the field, the referee can start the game. When the referee blows his whistle starting the game, the ball is in play unless:

1—He blows the whistle to stop the play for an infraction of the rules or for any other reason he may deem legal.

2—It goes out of bounds, when it goes outside the marked field of play. In the latter case, there are several ways in which the ball can be put into play again. When it goes out of bounds along the sidelines, either on the ground or in the air, a player of the team opposite to that of the player who last touched it, makes the throw-in. He does this by taking the ball in both his hands, having part of both feet either on or outside the sideline, and tossing in the ball from behind and over his head. The ball goes into play immediately, but the man who threw in the ball may not play it again until it has been touched by another player.

When the ball goes out of bounds over the goal line and has been last played by a member of the attacking team, the ball is brought back into the penalty area where either one of the fullbacks or goalkeeper kicks it into play.

When the ball goes out of bounds over the goal line and has been last played by a member of the defending team, the ball is taken to the nearest corner mark where a player of the attacking team takes the corner-kick from which a goal may be scored directly or indirectly.

A goal scored when the ball passes the goal line within the goal uprights and cross bar, either on the ground or in the air, provided it has not been carried by an attacking player or carried or pushed by hand or arm. It is possible for a player of the defending team to score a goal against his team by accidentally kicking or heading the ball into his own goal.

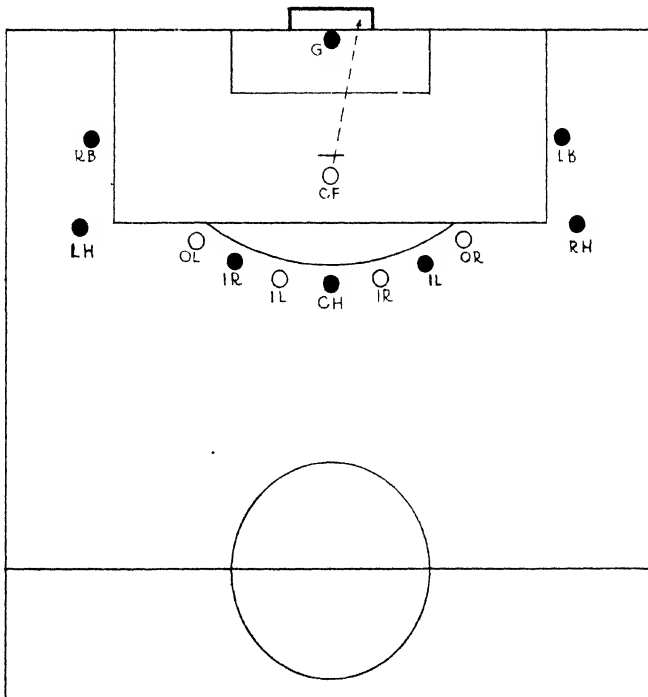
Only one player, the goalkeeper, can use his hands while playing the

ball and then only within his own penalty area. The goalkeeper may use his hands to stop a ball headed for the goal (a save) or he may catch the ball and then toss or kick it away from the goal area. He also may carry the ball within the penalty area but cannot take more than four steps while holding the ball without bouncing it on the ground.

When any other member of the team besides the goalkeeper handles the ball, unless it is ruled unintentional by the referee, the offending team is penalized by the grant of a free kick to its opponent.

There are two types of free kicks, the direct and indirect. A direct free kick is one from which a goal may be scored directly. Before a goal may be scored after an indirect free kick, the ball must have been played by another player before going into the goal.

Included among the offenses for which direct free kicks are awarded are: handling the ball, kicking, tripping, holding, striking, charging, or pushing an opponent; jumping at an opponent, or a goalkeeper carrying the ball outside the penalty area.



PENALTY KICK LINE-UP

The center forward is ready to shoot for the goal with only the defending goalkeeper permitted to attempt to prevent the score. All other players must remain outside the penalty area until the kick is made.

Indirect free kicks are awarded for: offside, charging the goalkeeper or attempting to play the ball when it is in the possession of the goalkeeper; a player kicking the ball a second time before another player touches it after a free-kick, throw-in, corner kick or penalty kick; faulty substitutions; the goalkeeper carrying the ball more than four steps within the penalty area without bouncing it; not kicking the ball forward after a penalty kick.

When a free kick is awarded, players of the opposing team must stand at least 10 yards away from the ball until it is put into play.

A penalty kick is awarded when the defending team is the offender in any of the infractions for which direct free kicks are awarded (except in the case of the goalkeeper) if the action takes place within the penalty area of the defending team. In such cases the penalty kick by a member of the attacking team is taken from a point 12 yards directly in front of the defending team's goal with only the defending goalkeeper permitted to oppose the kick. The goalkeeper must stand on his own goal line (without moving his feet) between the uprights until the ball is kicked. The goal can be scored as a direct result of that kick, or as a rebound, off the goalkeeper, or as a rebound off the crossbar or uprights. The original kicker may kick the ball if it rebounds off the goalkeeper, but if the ball rebounds off the crossbar or uprights a second player may attempt a kick at the loose ball. The original kicker on the penalty kick may not attempt a scoring kick on the ball that rebounds from the uprights or crossbar if the goalkeeper has not touched the originally kicked ball.

IV. FUNDAMENTALS

Kicking

IN teaching soccer to the novice, the coach will find that proper kicking should be the first skill taught the player. As he learns to control the ball, the player will develop a greater interest in the game. Teaching the kick correctly entails the proper co-ordination of the right and left feet, and includes the use of a slight hop before the impact of the ball by the foot. To control the ball and its direction, it should be kicked by the instep.

A good method of teaching the proper kick to a squad of athletes is to direct them to form a line, standing side by side and let them go through these motions without the ball. By starting the exercise, and kicking at imaginary balls, some players can master the proper kick in several sessions.

For the right-foot kicker, the following procedure takes place: From a standing position with the feet parallel, the squad steps left, then right, then steps left and hops left, and kicks with the right foot. The squad should also be taught to kick with the left foot. Here the procedure is reversed, starting out with the right foot—step right, then left, step right and hop right, and kick left.

As the squad progresses in learning the kick, the coach may select those who have mastered these fundamentals and give them a ball with which to practice their rhythmic kick.

To learn to kick a ball in motion, a player must be close to the ball and must be able to time the speed at which the ball is traveling so that he may kick at exactly the proper moment.

A rolling ball coming toward the kicker is the easiest to kick. The beginner should master kicking a ball in motion coming toward him at various angles. By choosing a good position, the kicker can usually keep himself in proper position for a boot at a moving ball going at a moderate rate of speed. The beginner will find things more to his liking if he first traps the moving ball and then executes the kick. However, most boys of secondary schools like to kick the moving ball without trapping it first because they do not have the skill this requires. The coach should caution beginners to continue to trap the ball before kicking it. (See section on trapping.)

A bouncing ball or a high ball that is dropping near the kicker may be trapped with any part of the body closest to the ball, except the hands and

arms, depending on the rate of speed at which the ball is traveling. On all high balls the forehead should be used. On the low ones, the feet should be employed.

A defensive player keeps his head away from the ball as he goes through the kicking maneuver so that the ball will rise into the air after the kick. However, the scoring forward should try to keep his head over the ball so that it does not rise more than eight feet. It will develop his shot into a scoring threat in front of the opposition goal.



INSTEP KICK

The instep kick is the most important kick in soccer because it is the most accurate way of controlling the ball in passing and in shooting at the goal.

The coach, in teaching the instep kick, should remember the following things: If the kick is made with the right foot, the left foot is even with the ball, the head is over the ball, the right knee is flexed as the leg, from the knee down, is swung at the ball in a sharp, short motion. The toe of the kicking foot is pointed downward, the foot being rotated slightly inward. This type of kick is the same as the one previously described as the step, step, hop-kick motion. This is the hardest kick of all to master. After several practice sessions, the players will understand what the coach is trying to teach them. They may not become adept at the accurate kick, but they will realize that there must be a definite rhythm to the instep kick. The procedure is reversed when the instep kick is taught to the left-foot kickers.

It is wise for the squad to practice the instep kick in regulation gym shoes so that they may get the feel of the ball more accurately. The player who continues to make the mistake of striking the ball with his toe will soon learn that it is not so hard on his feet if he hits the ball properly with his instep. Occasionally it is good practice for the squad to play a complete game of soccer wearing gym shoes.

KICKING WITH THE INSIDE OF THE FOOT

The inside of the foot is employed on short kicks in passing and dribbling. It also is successfully used in front of the goal by the forward line players shooting at the goal when passes are coming from the wings.

KICKING WITH THE OUTSIDE OF THE FOOT

The outside of the foot is used when going around an opponent or in short passes between players who are on the run.

THE TOE KICK

The toe kick is used by full-backs kicking off from their goal. The toe kick elevates the ball and is made with the straight swinging leg motion. The head is not over the ball. The foot should strike just below the center of the ball so that it will rise when hit by the foot. While the kicker uses the right foot on the toe kick, the left foot is slightly behind the ball. For the left-foot kicker the procedure is reversed. Forwards and half-backs seldom use the toe kick.





Courtesy Gibsor. Studio, Chicago.

TWO PLAYERS FIGHTING FOR THE BALL

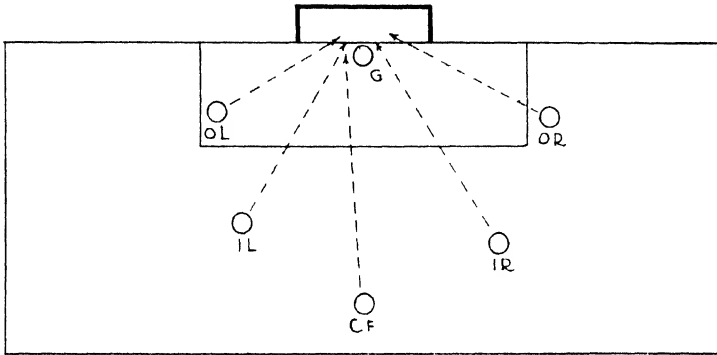
They are using their heads properly so they do not injure each other in jumping to secure the ball.

THE HEEL KICK

The heel kick is seldom used because the results of its use are uncertain. Occasionally a player will be able to back-heel the ball to a teammate, or to make a fancy kick over his head. However, it is a difficult kick to master.

SHOOTING AT THE GOAL

Shooting at the goal is a very important phase of the game because it requires definite accuracy. Since the instep kick is the most accurate, it



SHOOTING AT THE GOAL (and defending it)

The five forwards should stand within range of the goal and practice shooting for a goal at various angles. At the same time the goalkeeper gets good practice in defending the goal against shots from various angles.

should be the one used in practicing shots at the goal. Players, having mastered the instep kick, must then learn to shoot without looking at the goal. A player may look up just before he shoots at the goal to analyze the goalkeeper's position, attempting to place the ball out of his reach for a score. The player will soon become adept at seeing the ball at the same time he looks at the goalkeeper, and he will learn to make more rapid decisions about the timing and placing of his shot at the goal.

There are times during the game when the goalkeeper is out of his goal. A player who has his back to the goal and the ball in his possession is in a good position for a fast backheel kick into an open goal.

THE CLEARING KICK

Fullbacks, halfbacks and goalkeepers are entrusted with the defensive side of the game. They must know exactly which kick to make in order to clear the ball from the defensive area. The toe kick is used by the fullbacks when they want to elevate the ball. Halfbacks and fullbacks use the inside and outside of the foot for short passes to their forwards and to wingmen close by.



THE VOLLEY

A kick made at a soccer ball before it touches the ground is called a volley. It is a difficult kick to master but those players who have learned to kick a ball in motion should then devote their time to the volley. Fullbacks and halfbacks who learn to volley will become good defensive players.

The volley is often made with the instep of the foot. It also can be made with the extended leg or with the bent knee, depending on the position of the dropping ball. If the ball is close to the player, he should make the volley kick with the instep, the knee being slightly bent. If he has to run to meet the ball in volley, then he can make the kick with the extended leg. Perfect timing of the swing of the leg is necessary for the foot to meet the ball properly. This play is a timesaver for the defensive players, especially the fullbacks. When it is perfected, it should have force and direction as well.

The half-volley is a kick taken on the run when the ball is rising from a bounce. A backward volley is purely a defensive play used either by a halfback or fullback when facing his own goal and attempting to clear a dropping or bouncing ball near his goal.

Heading

At least 50 per cent of the game takes place in the air and it's only natural that the uppermost part of the body should play an important role in soccer. Heading the ball calls for a little courage by the player but if he learns to butt the ball with the front, side and top of his head, he will be prepared to play a good game. Heading can be done in all directions. A team will be far ahead of its opponents if it is adept at the headwork necessary in clearing a defensive-area kick, or in scoring a goal. Heading a ball is the fastest way of returning a ball. It is quicker than a kick at short range.

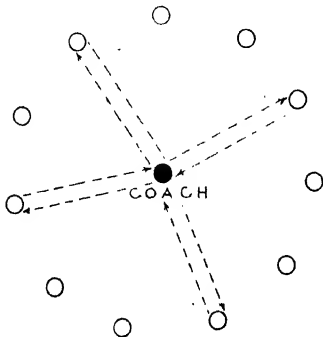
Fullbacks and halfbacks protecting the goal area must be expert in heading to assist their goalkeepers in clearing the corner kick.

Heading the ball can best be taught from a circle formation, the players facing the center and the coach throwing the ball to the forehead of each player, who, in turn, heads the ball back to the coach. Here they should be reminded to keep their eyes on the ball until it has actually been headed back to the coach. They should, at all times, try to keep their eyes open when practicing heading.

Heading with the side of the head may be practiced with all the members of the circle facing in one direction, the right side of the body toward the center of the circle. The coach throws the ball to each player who will head it back to him, using only the side of the head.

The top of the head is used in learning how to lift the ball high into the air. With his knees slightly bent just before heading the ball, the player will find that as he straightens his legs, getting a good push-off from the ground, he will have more force behind the efforts in heading and the ball will go higher into the air.

It is essential to make the right contact with the ball. Make sure the ball is high enough to head. Do not head it if it is so low that an opponent can kick it.



HEADING

The players should form a circle with the coach in the center. Thus he serves as the focal point in passing the ball to the players at varied angles. This drill should be staged with the players first facing the center and then standing sideways so they will head the ball with the side of their head.



PROPER POSITION OF THE BODY
(during instep kick with the right foot)

The left foot is even with the ball, the right knee is bent, and the body has good balance. The head is over the ball.

Defense players should be taught to hit the ball with the side and top of the head. In that way they may clear their territory of the dangerous shots that cannot be reached by the foot.

Force in heading the ball is gained by the direction of the body movements. When necessary, the player jumps off the ground and throws the body at the ball. If the ball is at a distance where he can stand on the ground, he swings his body at the ball.

The head must be swung at the shoulder by vigorous contractions of the neck muscles. These neck muscles will gradually strengthen to the point where they can withstand the blows of constant practice in heading the ball.

A player should be sure never to endanger another player by using his feet in front of him for protection when he is leaping to head a ball. It is a dangerous play and is a foul.



Trapping

Soccer is a fast game and the speed at which a player can trap a ball and pass it to a teammate usually means the difference between a successful pass and one that may be intercepted. Constant practice, from various angles, in trapping a moving ball with his foot or body will help the booter to condition himself in speed in controlling the ball, passing it to a teammate, or shooting at his opponent's goal.

The all-around player should learn to stop a ball dropping in front of him, or one his opponent is trying to clear. He should be able to use either foot in trapping and kicking. A ball dropping in front of the player may be trapped by either the right foot or the left foot, depending on which one is closer to the ball. The right-foot kicker must also learn to trap with the left foot, leaving the right one free for a fast shot at the goal or a pass to a teammate.

The player, raising his foot with the toe six or eight inches from the ground, will have enough of an angle to allow the ball to drop between his foot and the ground. It is important, too, that the kicker should at all times follow the flight of the ball until he actually gets control of it.

A rolling ball can be trapped with the side of the foot by raising it off the ground with the inside of the foot facing the ground. A ball that is coming toward the right side should be trapped with the right foot; a ball on the left by the corresponding foot.

Practice also should include the blocking or trapping of an opponent's kick. Many expert players spend much time trapping balls on attempted kicks by opposing fullbacks. Where two players are racing for a free ball and the defense is striving to clear the ball from the scoring area, the forwards should know how to block that type of kick, assuming control for an easy shot toward the goal.





Courtesy Chicago Herald American.

TRAPPING A SOCCER BALL

The ball has been successfully trapped and is being taken away from the opponent.

Another important maneuver in ball control is the trapping and kicking of a ball in motion. Trapping with the left foot and then kicking with the right requires much practice. After that has been mastered it would be well to add a fake kick to the exercise.

As the player traps the ball with his left foot, he draws the right foot back as if to kick with it but immediately shifts his weight, stepping back and kicking with his left instead. The right-foot kicker should feint in the reverse style.



However, the fake kick routine should be taught only to those players who have mastered the trapping of a ball in motion, whether it is rolling toward him, dropping in front of him or approaching him from either side.

The defensive player, having to play against this trapping and kicking, will find that he may be faked out of his position many times during the game, with his opponents having many chances at the goal or many opportunities to pass to each other and set up a scoring play.

Passing

A team is successful only if its passwork is successful. A team with this accomplishment will go a long way. There are several ways of passing the ball in soccer and the player who masters them will develop rapidly.

The coach may teach the short pass, using the middle of the foot, by dividing the squad into two lines facing each other about 30 yards apart. The coach then directs the players to pass from a standing position by trapping the ball coming from one line, then kicking it back to the other line. The right foot should be used first in both trapping and kicking with the inside of the foot.

When the ball is trapped and in control by each player, he should step back one stride and hit the ball with force, using the inside of the foot with sideward motion at the center of the ball. The foot is about two inches off the ground as he strikes the ball.

Players can best be taught the use of the outside of the foot by having two lines of players run up and down the field about five yards apart, trapping the ball and passing with the outside of the foot. As they run down the field the player on the left side may do the kicking with the outside of his right foot while his partner on the right can use the inside of his right foot to pass back. On the return down the field, they should reverse the exercise. After they have mastered the use of the right foot, they should practice the same exercise using the left foot.



A coach who has left-foot kickers should pair them up with right-foot kickers, directing them to use the outside of the foot.

The instep is used for all long passes. The squad may be divided into two lines 40 yards apart for the halfbacks and forwards to practice passing with the instep. The fullbacks may work by themselves at one side. They should practice long kicking, volleying and trapping the ball.

Correct form for the instep pass should come to the novice after several sessions of kicking. He may not become an expert in two or three lessons but he will realize that there is a definite way of making the pass and will strive to master it. If the coach is satisfied merely with the toe kick which goes a good distance, then the players, too, will be satisfied.

Giving a ball to groups of three to use in the instep kick for the passing exercise will provide the players with more kicking practice at one session. Twenty minutes on long kicking with the instep kick is sufficient time to spend in each practice session. The players will weary of the same exercise if it is prolonged. The coach should try to make the practice periods interesting to them by moving from one pass to another, ending the period with a short game.

After the players have learned to trap the ball and kick it back to the opposite line, they should learn to kick a ball in motion to the opposite partner. The ball may not go where the kicker is aiming it at first, but constant practice will improve the direction of the kick.

Passing the ball with the head also is important. Divide the group so that every four boys, five yards apart, have a ball to pass around, using the head to butt. This will develop the strong neck muscles needed for proper heading.

The toe kick is sometimes used to good advantage in sending the ball over the heads of the opponents. However, the novice should not be encouraged to use it. He should concentrate all his efforts on the instep kick.

The fullbacks and halfbacks should learn the toe kick because they may have occasion to use it on goal and free kicks. The wings also may have to

use the toe kick when a corner kick has been awarded. If a strong wind is blowing against the kicker, he may have to resort to the use of the toe kick for distance.

Tricky passing may be accomplished by the use of the back of the foot, providing the action is unexpected. A wingman or inside forward may be able to outwit a halfback or fullback playing close to him. As the wingman starts to outrun the opposing fullback, he should step across the ball and back-heel it to the inside forward who should be close by. Thus the opposing fullback will find himself out of position with the forward in control of the ball. This back-heel pass is not to be relied on for accuracy by beginners but it can be used to good advantage by experienced players.

A team knowing how to pass properly and having a few set plays from the kick-off formation will have potential scoring power.

Dribbling

Players, having mastered the principles of the kick and of heading, are ready for the dribble. It is one of the brilliant maneuvers in soccer, particularly if the kicker can use either foot in this exercise. The right-foot player should favor the right foot in dribbling the ball down the field, keeping the ball no more than 12 inches from the kicking foot at all times so that he has control.

DRIBBLING

Place objects in the path of the player and have them criss-cross the ball around the objects and return to the original position in the same manner.



Running

A soccer player must condition himself to run and exercise for almost 90 minutes. Soccer is a game requiring co-ordination of the kicking and running muscles, in addition to good breathing action. A warm-up of a half-mile run before the usual practice session prepares the squad for some strenuous kicking and running. College teams play four 22-minute quarters. High schools usually play two 35-minute halves while amateur and professional elevens play two 45-minute halves.

Running after practice also is good because the running and kicking muscles are then conditioned to game experience and cramped leg muscles will not appear during a contest.

Merely practicing the fundamentals and playing the game itself is not enough to condition the squad. Obstacle running is excellent in teaching players to shift weight from side to side without losing speed or balance.

A quick change of pace and direction will develop strong ankles and there will be fewer injuries. The use of figure-eight bandages around the ankles, under the stockings, will help in kicking technique and insure fewer injured ankles in both practice and game sessions.

Sprints should be a part of the running practice. Each member of the team must be able to start quickly and stop immediately. Practicing short 20- and 30-yard sprints and gradually increasing them to 50- and 70-yard sprints will condition players for the speedy running so necessary in soccer. The goalkeeper, even though he does little running, also should practice sprints.

Tackling

Tackling is applied to any method of obtaining possession of the ball when it is in the possession of an opponent. Tackling and blocking technique must be concentrated on the BALL, not the PLAYER.

The secret of proper tackling is knowing how and when to tackle a dribbler. There are three types of tackling used, namely the front tackle, the side tackle and the hook tackle.

THE FRONT TACKLE

It is wisest to teach the front or block tackle first because it is the simplest of the three. The coach should divide the squad into two groups, called A and B, with team A as dribblers and team B as tacklers. The squad should be spread out over the field with the dribblers in control of the ball, about

six full strides away from the tacklers. The tacklers should try to snare the ball.

The block can be made either by one foot or both feet by the tackler. Before the squad is given a ball for practice, the coach should demonstrate the block against one of the players. The latter should be given the ball with the coach standing about two full strides away from the dribbler. As the dribbler comes straight forward, the coach extends his right foot toward the ball, pinning his foot against it, the ground and the foot of the dribbler. Immediately the ball is pushed to the right side for control by the right foot, permitting the tackler to place his body between the dribbler and the ball.

The coach also could have two of his more advanced players demonstrate the tackling motions and the technique of using both feet in a blocking action. As the dribbler approaches with the ball, the tackler jumps at the ball with both feet for the distance of a good stride and traps the ball against the dribbler's feet. The tackler then pushes the ball to his right side by use of his strong foot and thus has his body between the dribbler and the ball. As a result the ball lies on the side of the dribbler's left foot, usually his weak side. The same block can be demonstrated against the left-foot kickers by merely reversing the motion.

Players should be encouraged to practice these exercises, alternating as dribblers and tacklers, so that they will learn the fundamental technique of tackling and, at the same time, develop the courage and determination of tackling which is so vital in playing the sport.

THE SIDE TACKLE

The side tackle is used against any player who is in control of the ball and must be tackled from the side. As the dribbler goes down the sidelines, the



TACKLING FROM THE SIDE

Courtesy Chicago Herald American

The halfback is reaching in and across, with the right foot for control of the ball.

halfback can run alongside and, at the precise moment, kick the ball out of bounds, thus halting the attack temporarily.

By stepping in front of the dribbler and using a slight shouldering motion which is permitted by the rules, a tackler may be able to intercept the ball, dribbling it away himself or passing it to a teammate.

If the opposing outside right has the ball and is dribbling it along his side of the field, then the defending left halfback, whose job is to cover the wing position, might gain possession of the ball with his right foot and then pull it toward his left foot. Thus he can turn away from the dribbler in control of the ball.

A tackler coming in from the side can do three things: get control of the ball himself; reach across the dribbler and kick to a teammate; or, if he is close to the sidelines, kick the ball out of bounds.

The side tackle may be taught in the same manner as the front tackle. If the tackler finds his opponent is not coming straight at him and therefore he cannot execute a front tackle, then a side tackle must be employed to gain control of the ball.

THE HOOK TACKLE

This is the most difficult of the three to execute. It is made by dropping to the ground on one knee and extending the other leg to hook the ball away from an opponent WITHOUT tripping him. The right-foot kicker should drop to his left knee and hook the ball away with his right foot. The left-foot booter does the opposite.

The hook tackle is a play best suited for more experienced players.

V. INDIVIDUAL PLAY—DEFENSE

The Goalkeeper

THE goalkeeper is the last man on defense. His position is one of protecting the goal and he is the only player on the squad who can touch the ball with his hands or catch it. However, the territory in which he may use his hands is limited to the Penalty Area.

If he handles the ball outside the Penalty Area, a free kick is awarded the opposing team from the spot where the infraction occurred.

An excellent prospect for a goalkeeper is one who has had experience in handling either a basketball or baseball. He should be of average height, have quick reactions, have no fear of bodily contact and he should be able to punt fairly well and throw a soccer ball at least 40 yards in any direction.

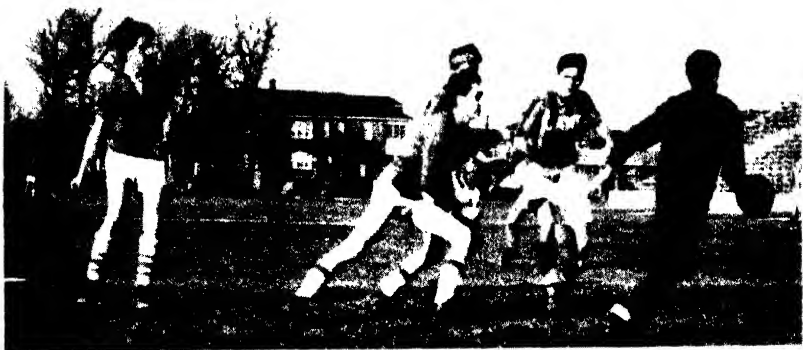
The goalkeeper's uniform is different from that worn by the other soccer players. He may wear long baseball pants, peaked or baseball cap for protection against the sun, long stockings and regulation soccer shoes. He also should have a pad, either sewed into the pants or tied around his hips under the pants, to protect his hips in diving for shots. The goalkeeper's shirt should be a different color from his teammates and in contrast to the opposing team's colors.

The goalkeeper's practice period should stress punting, catching and diving for shots aimed at the goal from a distance of 20 yards and from all angles. In addition, he must be able to defend the goal from shots like the penalty kick, corner kick and free kicks from all angles.

A successful goalkeeper is one who can handle the ball well and who possesses good, quick judgment.

Teaching the player to retrieve a ball rolling toward the goal is quite simple for that type of ball is the easiest to catch. The player simply bends one knee to the ground and lowers his hands, with fingers outstretched. His bent knee and body give additional protection in gaining possession of the ball and they provide a pocket for the ball if it is missed by the hands. This position also may be used when the goalkeeper has to run one or two steps across the goal to snare a low shot. The goalkeeper may either toss the ball toward a teammate or stand up and punt the ball to the side of the field and out of danger.

Another shot easy to catch is the one coming toward a goalkeeper at waist height or between the knee and waist. When the ball is caught, the hands



GOALKEEPER IN ACTION

The goalkeeper (back to photographer) has caught the ball and is about to kick it out of danger, while his fullback (in striped shirt) is running to cut off the approaching center forward of the other team. The fullbacks must assist the goalkeeper in helping him to get off a long boot by providing this sort of protection.

should give to absorb the force of the shot, thus preventing a possible rebound.

If the shot is coming in chest high, the goalie should draw the ball toward his chest and hug it close to his body to prevent a fumble. When a shot comes in head high, he should leap high enough to make possible the use of the chest and hands to control the ball.

Good judgment is necessary in knowing when to come out of the goal to outwit the center forward who may have escaped the fullbacks and is dribbling toward the goal. In coming out of the goal, the goalie narrows the angle toward the goal and may be able to prevent a score by deflecting the center forward's shot. However, a goalkeeper should strive to catch all shots at the goal and either punting or tossing the ball away from the danger area. He should deflect those that he cannot catch.

A rolling ball coming toward the goal should never be kicked directly by the goalie. Instead, he should catch it and either punt or toss it out of the danger area. If a goalie must leave his defensive post at the goal to race an opponent to the ball, he may, as a last resort, kick the ball out of danger. Of course, he should never kick the ball against his opponent for the ball may rebound into the goal for a score.

In the course of a game the goalkeeper finds shots coming at him from all angles and at varying speeds. He will find some kickers playing the ball directly at the goal while others will come at him with various hooks and curves.

The right-foot kicker who hooks the ball will send it to the goalie's right side while the left-foot kicker will hook the ball to the goalie's left. It would be wise for a goalkeeper to observe early in a game on which side the ball

comes most frequently. He should notice which foot each opposing player prefers in shooting at the goal. Thus he may be prepared for later goalward kicks.

A goalkeeper must form the habit of anticipating the opponent's play so that he can put himself in a defensive position for any shot at his goal. By standing in the center of the goal, directly under the crossbar, he would be in a good position to judge a high looping shot or a fast high kick aimed at the goal. He must decide quickly what method he can best use in clearing the two shots. A ball dropping in front of the goal may be caught. However, one coming toward the goal at a fast rate of speed and nearing the crossbar should be fisted over the bar in volleyball fashion. Although this action gives the attackers a corner kick it is nevertheless good strategy for the goalkeeper who is being rushed, as he gets the ball away from the goal immediately with little danger of his opponents scoring on a rebound.

GENERAL HINTS FOR THE GOALKEEPER

Learn the fundamentals of catching, kicking, blocking, diving and fisting the ball expertly.

You are the last man on defense. Never leave your goal to try to catch a ball too far in front of the goal.

Support your fullbacks on every occasion. If you anticipate an opponent is going to outwit your fullback by dribbling around him, then come out of your goal rapidly to intercept the ball.



GOOD DIVING TECHNIQUE

The goalkeeper comes out of his goal to smother a shot.

Do not become discouraged if your opponents score against you. If your fullbacks make an error and a goal is made against you, you can help your teammates immensely by encouraging them to try harder the next time.

Practice catching the ball from every angle. Have your teammates frequently shoot to you from at least 15 yards in front of the goal.

Learn to dive at the ball and you will be a hard man to beat on a shot. A ball too far out of reach to be caught can be deflected by a diving thrust.

An excellent way of making a save on shots that cannot be caught is to use the fist to deflect a shot. High balls are usually good ones to fist, especially when the opponents are on the ball with their heads just as you are trying to make a catch.

Condition yourself to *catch* the ball instead of trying to *kick* a rolling ball.

Try to boot to a teammate when punting. One accurate pass is worth two kicks.

Be at the farthest post from the kicker on all corner kicks so that the ball will not go over your head. At the same time you will be in position to go forward to catch or to fist a ball nearing the goal.

Protect yourself from injuries, wear a pad around your hips.

Run with the rest of the squad for general conditioning so that you can assume responsibility for most of the goal kicks, thus relieving the fullbacks of some responsibility.

Always watch an opponent and observe with which foot he prefers to kick. You can then anticipate the direction from which the ball will come toward the goal.

Never take more than four steps with the ball without bouncing it.

Study the rules so that you know which shots count for goals on direct kicks and which are indirect free kicks.

Get rid of the ball as fast as you can.

Learn to feint a fast-charging forward out of position after you have control of the ball. In that way you can kick it to one of your teammates.

Fullbacks

As a general rule, the fullbacks should be the most accurate kickers on the team. They must also be men who can tackle with determination.

Since the fullback is the last defense before the goalkeeper, he should know how accurately to judge distance and must be adept at the fundamentals of heading, kicking, passing, trapping, tackling and dribbling. He must always protect the goalkeeper and be ready to take the latter's place whenever the goalie leaves to get a ball away from the goal. However, the fullback can never use his hands on the ball.

Being a fullback takes courage because much of the work is in defending against the last stages of an attack. Many balls will be headed by the fullback. His body is the target for many shots in the game when the opposing forward is shooting for the goal and the fullback is attempting to block those scoring thrusts.

A player who can kick with either foot should be placed at the left fullback position. The player who can use his right foot best should be at right fullback, the easier of the two positions.

Long kicks are a prerequisite for fullbacks because the long kicks put the ball into enemy territory where friendly forwards may gain possession of the ball to set up an attack.

Jockeying for position and for the ball is one of the fullback's principal duties. Good judgment is essential in determining when to rush an opponent to intercept the ball and when to force the opposition into making a quick erratic pass.

The fullback must be able to kick the ball while it is in motion and to kick it from every conceivable angle. There are times during a game when the fullback may stop the ball before he kicks it out of his territory but



Courtesy Chicago Herald American.

GOALKEEPER GUARDING THE GOAL

The fullback of his team (in light grey shirt) and the opposing center forward (wearing dark shirt) are racing in to head the ball. This picture shows excellent footwork and body balance while running. The goalkeeper has his hands set for the ball, knees bent, so that he can go quickly in any direction

usually he must clear the ball in one operation. The novice fullback should practice stopping the ball and clearing it before he tries for distance kicking. A fullback who can kick from any angle, whether the ball is on the ground or in the air, will be a tough opponent to score upon.

On the secondary school level, the fullbacks find that many balls come their way from forwards who are making both hurried and inaccurate passes. Here, if the fullback finds he is not being rushed clearing the ball, he may search out a teammate and pass to him.

GENERAL HINTS FOR THE FULLBACKS

Seldom dribble the ball. Kick it out of your territory as quickly as possible.

Practice the goal kick and be ready to relieve the goalkeeper of that duty occasionally.

Be ready to take his place in the goal if the goalkeeper is caught out of position. NEVER handle the ball.

Try to keep out of the goalkeeper's way so he can have clear vision when play becomes close around the goal.

Kick the ball out of bounds at the sidelines, if you cannot clear it up the field.

Learn to head the ball in all directions.

Try to be in position to defend the goal at all times.

Tackle your opponent with determination, but be cautious not to foul him.

Always backstep your fullback partner.

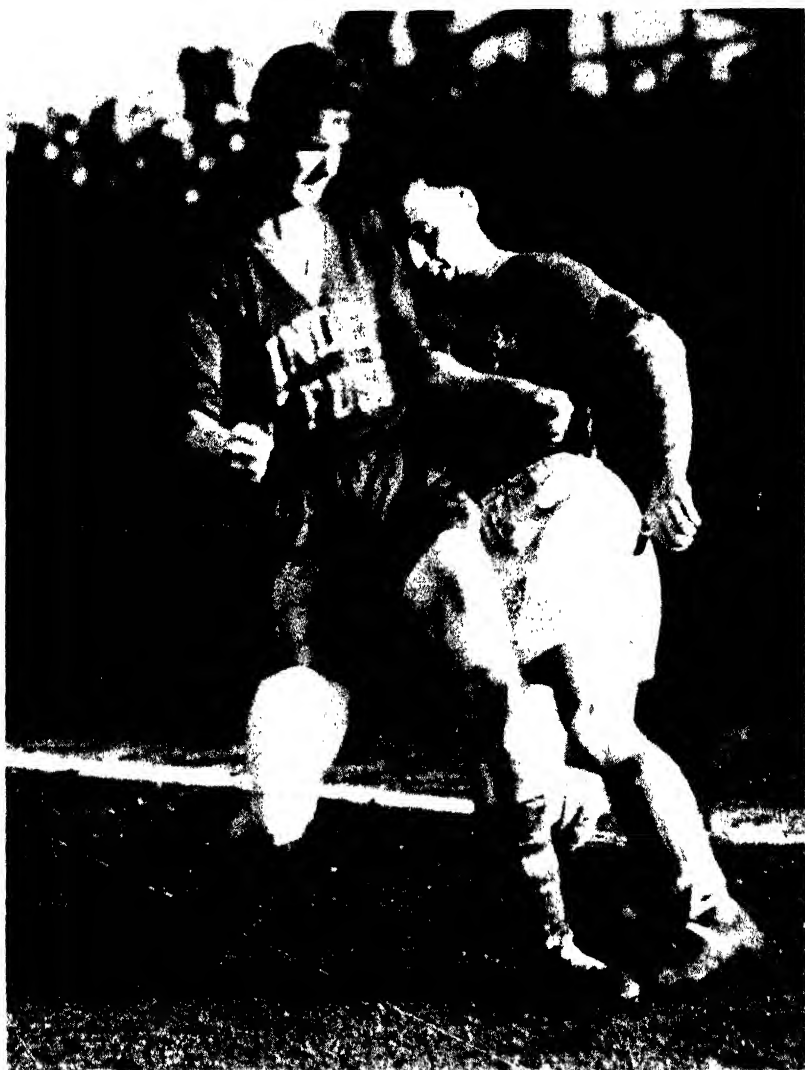
It is your job to guard the wingman if he has outmaneuvered your halfback. The halfback should strive to get back into position and cover another player.

Practice accuracy first. When you have mastered the kicks necessary to play the fullback position you can try for distance.

Halfbacks

Halfbacks, especially the center half, the key man in defense and attack, form the strongest part of a team. They start the attack and sustain it. They are potential scorers as well. Since a greater part of the game takes place between midfield and the penalty area, the team that has three capable halfbacks in its lineup will control much of the game.

There are two schools of thought in the defensive assignments of the halfbacks. One group believes that the left and right halfbacks should guard the



Acme Photo.

CENTER HALFBACK IN CONTROL OF THE BALL

He is about to kick to a teammate as he is being rushed by an opposing player.

outside left and outside right, with the center half guarding the opposing center forward. The second group believes that the left and right halfbacks should guard the inside left and inside right with the center halfback backing up the wing halfbacks.

High school coaches, anxious to establish a good defensive lineup, will find it easier to assign the opposing wingmen to their halfbacks and the inside men to the fullbacks.

Soccer players on the collegiate level can cover up taster for a teammate who seems to be going too far out of position. Here the halfbacks can cover up for the fullbacks out on the side where they may be chasing the outside right or left. As the right fullback races out to tackle the outside left, the center halfback should move back to cover the fullback's area, combining his playing with the other fullback.

In a game where the halfbacks take the inside men, they are in a far better position to feed their forward line. Therefore, more potential goals are in the making.

Most soccer games are won by only one or two goals. Hence a team that concentrates its strength in the defensive positions of the fullbacks and halfbacks will be the hard team to beat.

Each coach should experiment with his material in the practice sessions and games against suitable opposition, using the two types of halfback play assignments. By noting the results he can determine which type of play is best suited to his team.

If the halfbacks play a better game while guarding the inside men, the coach should allow them to play that type of game and set up his secondary defense accordingly.

A halfback must be aggressive, cool, quick and strong. He does more running than any other member of the squad and he must make more body contact than any of the others.

Since the center half is the key man in the halfback line, he should be a leader, in top physical condition. He should be a good header and a good kicker.

Trapping and passing are essential halfback plays. The player with quick reactions who can kick with either foot will make a good halfback. Height is not essential for halfbacks because it has been proved that tall halfbacks often cannot outjump many of their smaller opponents. However, the long-legged center half who can just reach out in any direction makes it difficult for a center forward to dribble around him.

Halfbacks must be in the proper position to get goal kicks from their own goal as well as those from the opposing team. By watching the goal kicks taken by the opposition and remembering how far they can kick, the halfbacks can place themselves to the best advantage to intercept.

All free kicks awarded are taken by halfbacks. When corner kicks are taken, they should be in a position to defend their goal. If a corner kick is given against their opponents, they can help by lining up along the penalty area line to help the forwards in trying for a goal. At the same time they should be ready to drop back to help the fullbacks should the ball be sent into their own territory by some rapid play of their opponents.



Throw-ins also are made by the halfbacks. They attempt to throw to a teammate's head or foot to retain control of the ball. A quick return pass to a halfback who can send a long kick into the enemy territory is a smart play when the ball goes out of bounds in one's own area.

The successful method of throwing to a teammate varies according to the type of defense the opposition is using. If they are covering their men from behind, a low pass to the foot will be best for control of the ball after the throw-in. If the opposition is guarding the winger and inside forwards, a throw-in aimed at the head of a teammate for a quick return to the thrower or for a fast kick down the field will be good. A throw over the heads of the defensive players will allow a teammate to race for the ball and get there ahead of the defensive halfback.

Making accurate passes to the forward line while they are onside is important work for the halfback.



GENERAL HINTS FOR THE HALFBACKS

Feed the forward line. Strengthen and organize the attack.

Follow about 15 yards behind your forwards when they are in control of the ball.

Try to pass the ball to a teammate. One good pass is worth two aimless kicks.

Always pass to a player who is not guarded.

Halfbacks must be accurate in placing short and long passes. Utilize both.

Try to aim the ball near a teammate if you are forced to kick it high.

Halfbacks should be quick to sense the constant changes taking place during the game and to watch for weaknesses in opposing players which can be used to advantage.

Do not always pass to the same player or in only one direction.

The halfback who can dribble well keeps opposing forwards and halfbacks guessing.

A dribble should last only as long as a defensive player has been drawn out of position, then the ball should be passed to a free teammate.

Learn to receive the ball from any angle, either high or low, and get control immediately.

The halfback must be adept in intercepting passes and turning them into scoring opportunities.

Good tackling makes hurried passing necessary for opponents.

Play directly in front of your opponent to block his vision and angle of passing. Impede his progress, but play the ball at all times.

Don't give up if your opponent outwits you. He may fake to the left and go around on the right. Watch his movements. The next time he tries the same maneuver, you will be ready for him.

The halfback should cover for a fullback who has left his position to chase a forward out near the sidelines.

Heading is important for the halfback.

On all throw-ins, a return pass to the halfback who has stepped onto the playing field presents an excellent chance for a long, hard boot.

At times the center halfback is in position for a shot at the goal. If he can shoot a low ball, he will be a potential scoring threat.

The halfbacks should place themselves to snare all kicks from opposing fullbacks and all goal kicks from teammates.

VI. INDIVIDUAL PLAY—OFFENSE

Center Forward

THE center forward is the key man in the attack. He should be able to kick with either foot equally well, pass in any direction to the other forwards, shoot successfully outside the penalty area and dribble the ball skillfully. His heading should be accurate and he must constantly consider himself in relation to the team.

A center forward who can take the ball on the run and pass successfully to a wingman without looking will find the opposition unable to cope with his passing. If he can use split-vision tactics, he will allow his wingers to break quickly into the open and set up potential scoring plays.

The center forward should vary his passes, thus keeping the defense guessing. If he feeds both the outside right and outside left, the defensive players will see that they have to cover their men more closely, leaving them little time to set up scoring plays for their own team.

Once inside the penalty area, the center forward in control of the ball should shoot for the goal. Sometimes the inside men or the wingmen are in better scoring position, with fewer defense men in their path. In that case, a clever center forward should realize this and fake a shot at the goal. Thus he may draw a defense man out of position and can pass to a teammate who should have an easier try at the goal.

The center forward who is playing heads-up ball will always be in position for a pass from a teammate. He will come out to meet the ball instead of waiting until it comes to him. On free kicks or goal kicks, he should place himself so that he is receiving the free ball that may come into his area. He should try to determine the distance the defense fullbacks are getting on their goal kicks and place himself in that area for a header or to trap a low ball, thus starting a scoring play out to his wings or inside men.

On defense, the center forward may follow the fullbacks who are controlling most of the plays. He also should watch the opposing center half who is breaking up his team's scoring plays.

On corner kicks, the center forward should be in front of the goal, five yards out, so that he is in a position for a rebound or head shot into the goal.

When there is a throw-in, the center forward should place himself to be

in position near his thrower. In that way the halfback tossing the ball has a wider choice.

Forwards deciding to dribble around a defensive player should start cutting away from the defensive player at least two good strides before they reach the man they are going to beat with the ball. Attempting to beat a player from anything less than two good strides will result in an interception, and the loss of the ball to the opposition.

The center forward should attempt to draw the fullback over to his own left side, then go around on the right for a shot at the goal. Should the defensive player decide not to follow the dribbler over to the left, the center forward can beat him on the left side, breaking fast for the goal and shooting with the right foot.

Once the center forward outwits the fullback on defense, he must try to draw the goalkeeper out of position so that the goalie shows where he is going. The center forward now knows where to shoot for a sure goal.

If the goalkeeper stands his ground, the center forward can come closer with the ball and shoot a fast, low shot toward an unprotected corner of the goal.

Learning to block the fullback's kicks will prove advantageous for the center forward. If he can find out the timing of a fullback's kick, he can block the kick and set up a potential score.

By lifting his foot toward the ball as the fullback is about to kick, the center forward may partially deflect it to a teammate who may be in a position for a shot at the goal.

The center forward, if he is the best shot on the team, should be entrusted to take all penalty kicks awarded his team. Daily practice on penalty kicks will sharpen the kick of the center forward, giving him the confidence needed during a game.

Inside Right and Inside Left

Soccer coaches in secondary schools will discover that the forward line must be made up of accurate kickers if they are to be a scoring, front-line combination.

The inside right, as well as the inside left, must be the playmakers for the center forward and the wingmen. They are the players who are always in position for a ball coming from the defense's fullbacks and halfbacks. If they can assume control of these balls, they can set up scoring plays by passing quickly to teammates in the open.

The inside men must master the fundamentals and should also have had game experience in one of the defensive positions.

Many of the balls that the inside men receive during the game will come to them as they face their own goal, on goal kicks from their own defense or from those kicked for the opponents.

The inside forward should learn to fake a kick in one direction to draw the defense out of position, then play the ball to the opposite side of the field.

A simple attack from the inside right is a plan whereby he constantly gets the ball and feeds the outside right or center forward. Through practice sessions, the inside right will make these passes a habit. In a game he will be able to make the play to his teammates without even looking at them.

To ask a high school player to try to mix up his passes will make him believe he has too difficult a task. If he is given the simple assignment of getting the ball and passing to his winger or center forward, he will come through with more accurate passes.

Most coaches play their best man in the center half spot. A clever inside forward can bottle up an attacking team if he concentrates his efforts on the key man in the center half position, who is feeding the forwards and wingmen for the attack.

The inside right, sometime during the game, should find himself near the opponent's goal and take a shot at the goal. It is best to draw the defensive player trying to block his shot to his weak foot, naturally his left, so that he can get off a hard shot with his stronger right foot.

The forward line, having two experienced inside men to support the rest of the front wall, will find that every ball partially intercepted by the opposing fullbacks and halfbacks will come its way.

The forwards will find that they are in position for many free balls during the game if they play 15 yards behind the center forward and their halfbacks.

On all throw-ins from out of bounds, the inside men should place themselves in position for a pass from their halfback.

On the defense, when the opponents are throwing the ball into the game, the inside men should each guard a player.

Several outstanding teams have used roving forwards on both offense and defense, discovering that their inside men actually scored goals and their center forwards were halted completely.

An inside forward in good physical condition can take a fast game of soccer, help his halfbacks on defense, and must find time to get a few shots at the opponent's goal.

Outside Right and Outside Left

Speed and good ball control are requisites of the outside right and the outside left, also called the wingmen. Both players must be fast runners, capable of trapping a ball quickly and passing it to an inside man or to the center forward. They must know how to elude the halfback assigned to guard them during the game.

The outside left should be a left-foot kicker. Sometimes a coach may find a player who can use either foot in a speedy getaway. A team having two speedy wingers on both sides of its field will control the ball for much of the game.

The main job of the wingmen is to center the ball to the center forward or the inside men, who are the shooters on the team. However, if a wingman finds himself in the penalty area in position for a shot at the goal, he should take it and not pass to a teammate who may be covered.

By playing close to the sidelines, the outside men will find themselves in a good position to get passes from the halfbacks and will be farther from the man assigned to guard them. There is always a tendency for the wingmen to crowd the inside men, but that makes it easier for the opposition to guard two players close together.

Scoring plays can better be set up when the wingmen play close to the sidelines and draw the fullback or halfback out of position to make way for a scoring shot by either the center forward or the inside men.

All corner kicks should be taken by the wingers. If the outside left is using his right foot for passes to the center forward and is assigned the corner kick, he will have better success by using the right foot in taking the kick from across the goal line, instead of the usual sideline position taken by the outside right on his corner kick.

The outside left may utilize the same maneuver on the wing position to centering the ball. Racing down the field, he comes to a stop, turns around toward his own goal, and crosses the ball toward the center of the field, using the right foot.

An understanding for a successful attacking technique should be established between the wingers, their halfbacks, inside men and center forward. The wingmen, knowing how far they are able to kick the ball and how fast their center forward can travel, can better gauge their passes to the center forward for scoring chances.

By co-operating with their halfbacks and inside forwards, the wingmen will make it difficult for opposition halfbacks to intercept passes coming from teammates spread out far from the defenders. A wingman must be a player who likes to run and chase the ball, for every pass will not be a perfect one. He also must guard the defensive half-back.

On all throw-ins from out of bounds, the winger plays an important part. He usually receives the ball from the halfback and starts the attack by passing it back to the halfback, or to another teammate in the forward line.

GENERAL HINTS FOR THE FORWARDS

Learn the fundamentals of kicking, trapping, passing, heading, dribbling and accurate shooting.

Be a team player, not an individualist.

Vary the attack.

Strategy plays an important part in every game. Study your opponents to find a weak spot in their defensive and then build your scoring plays around that weakness.

Always make your passes count. Send the ball ahead of your receiver so that he can get it on the run.

Short, quick passes are hard to intercept. However, a combination of short and long passes should be used.

Long passes to wingers who are in the clear are potential scoring maneuvers.

Do not hesitate to shoot when near your opponent's goal. Dribbling the ball into the goal is attempting to score the hard way.

VII. PRACTICE SCHEDULE

FIRST WEEK

HAVE the squad run a half-mile before and after practice for conditioning.

Practice the step, step, step and hop-kick first without the ball and then with the ball.

Practice the kicking and trapping drills in squads.

Practice heading in circle formation and in groups of fours.

Divide the squad into groups and play game of 15-minute halves.

SECOND WEEK

Continue conditioning drill.

Practice kicking and trapping.

Practice heading ball from all angles.

Teach dribbling.

Teach blocking.

Play game of 15-minute halves.

THIRD WEEK

Conditioning drill is still important.

Practice kicking and trapping.

Practice heading, dribbling, blocking and goal-shooting.

Practice plays from all parts of the field.

Allow squads freedom of choosing teams and notice their position preferences.

Practice throw-ins, offense and defense.

Practice penalty kick, the corner kick and its defense.

FOURTH WEEK

Continue running for conditioning.

Practice kicking and trapping in groups.

Halfbacks should practice long kicks with fullbacks.

Forwards should practice advancing the ball up and down the field.

Split the group into two fullbacks and a goalkeeper playing against a center forward and two wingmen, each using a separate goal.

Pick first and second team for scrimmage.

FIFTH WEEK

Continue conditioning drill.

First team vs. second team in game of 35-minute halves.

Keep balance of squad busy with various drills.

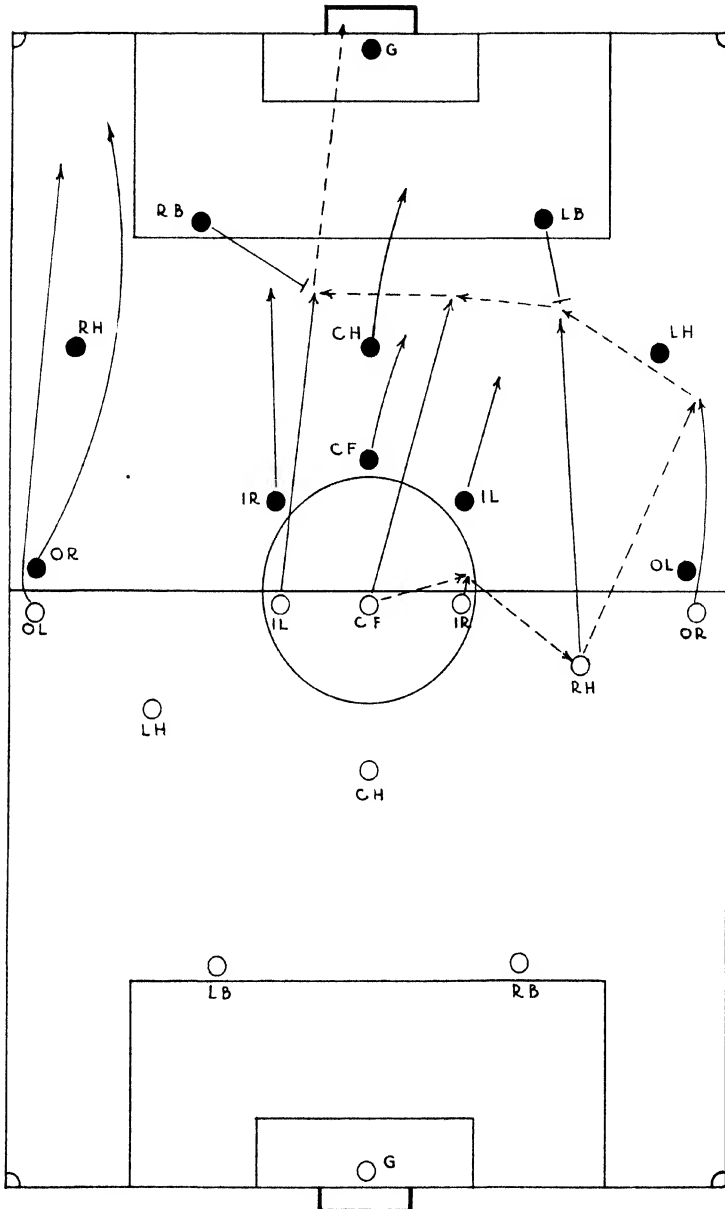
SIXTH WEEK

Continue conditioning drill.

First team vs. second team in game of 35-minute halves.

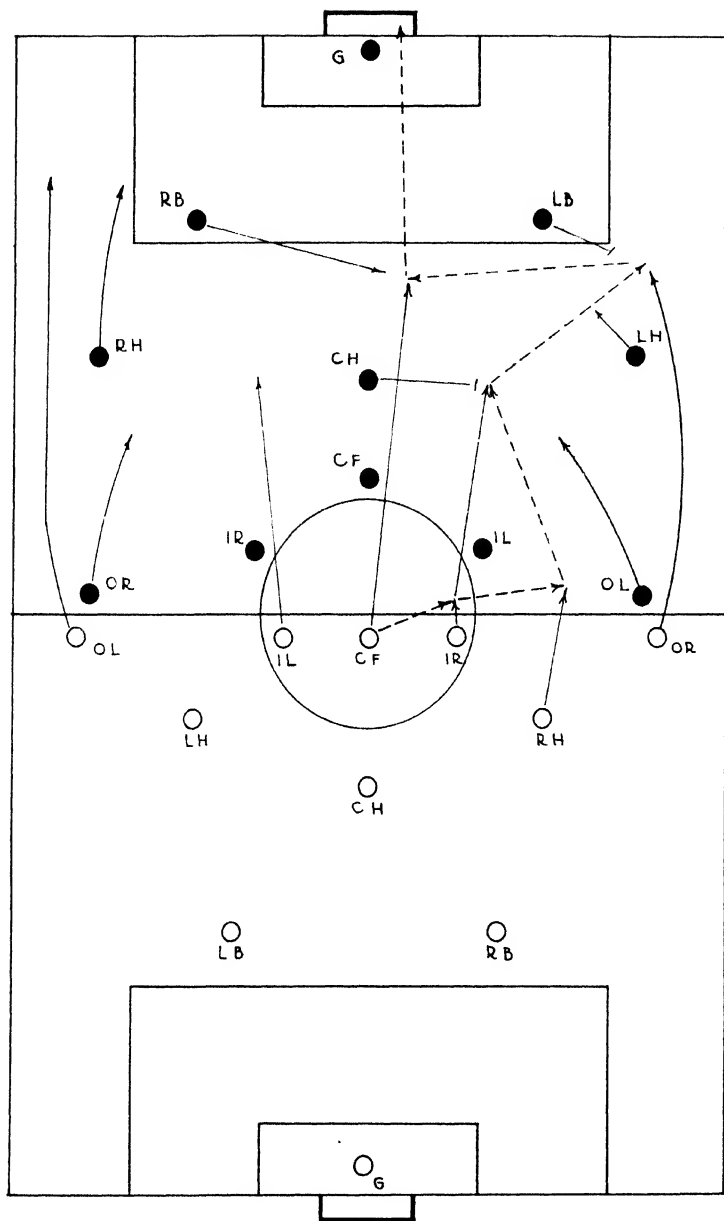
Balance of squad should be kept working on various fundamentals. Split them into offensive and defensive units, working out against each other.

VIII. PLAYS



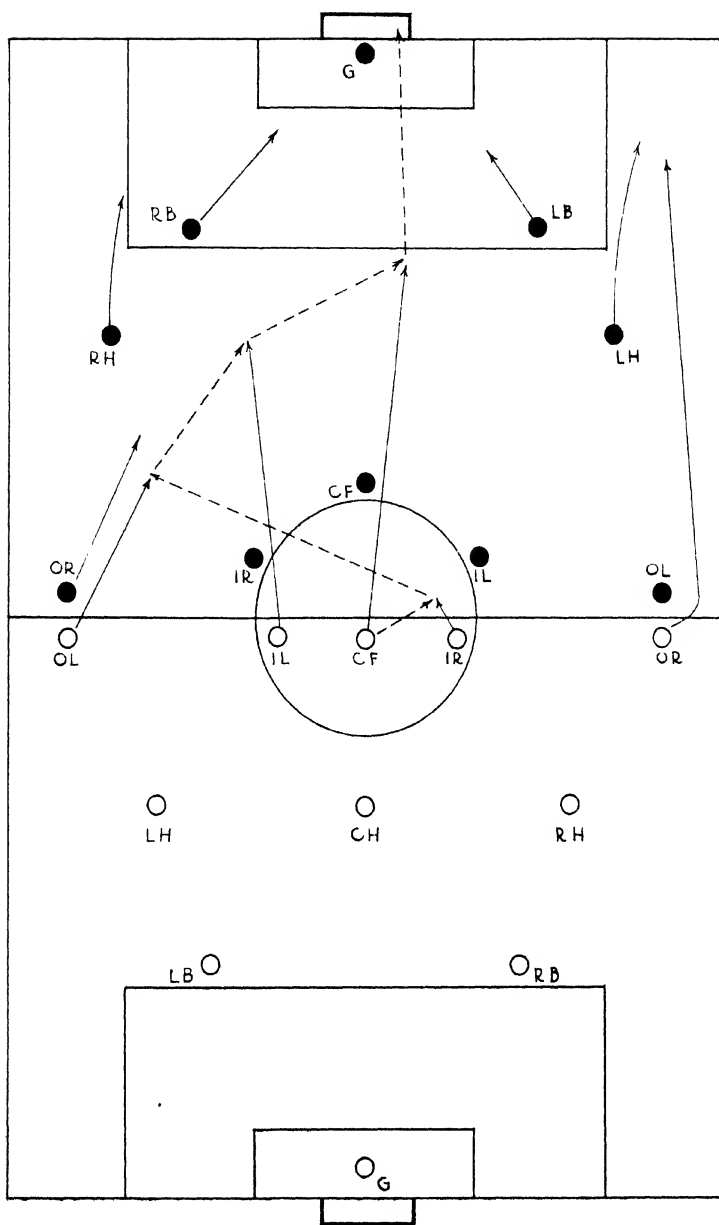
QUICK OPENING PLAY FROM KICK-OFF

Center forward passes to inside right who shoots it back to the right halfback. The latter passes it to the outside right who has gone down the field. The right halfback takes a pass from the outside right and make a short pass to the center forward who shoots it to the inside left who tries for a goal.



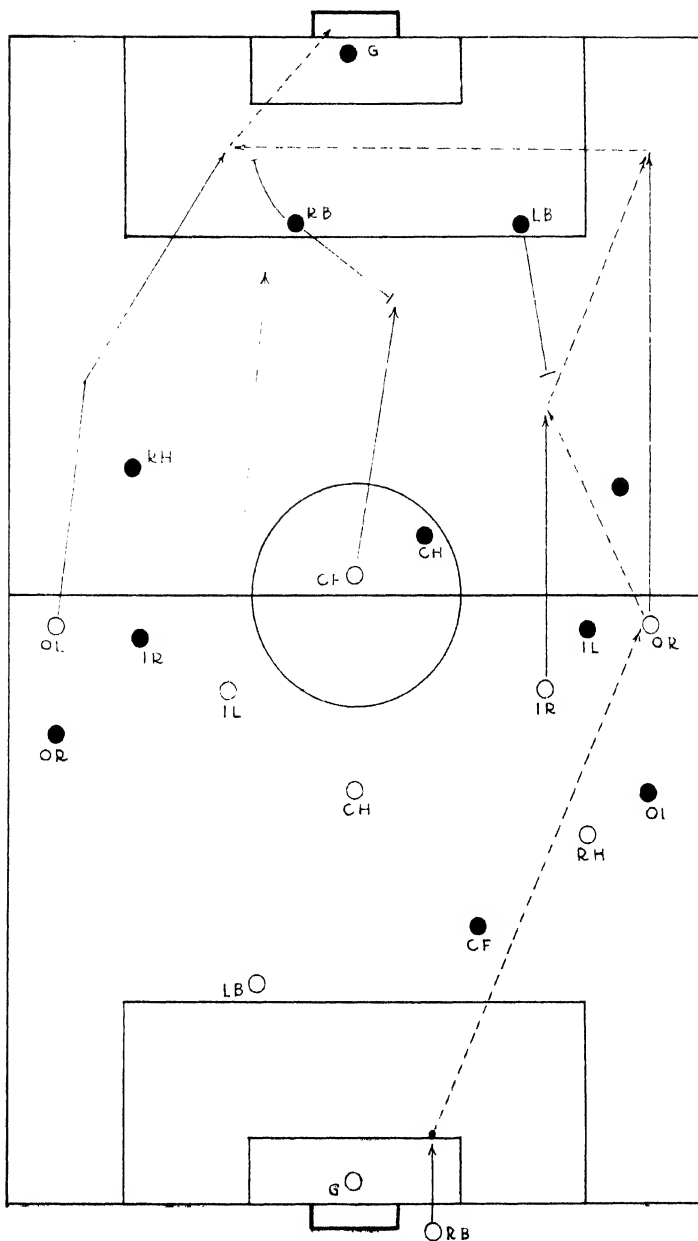
SCORING PLAY FROM KICK-OFF

Center forward kicks to inside right who passes it back to the right halfback. The ball then goes to the inside right, now down the field, who shoots it to the outside right who boots it to the center forward near the goal.



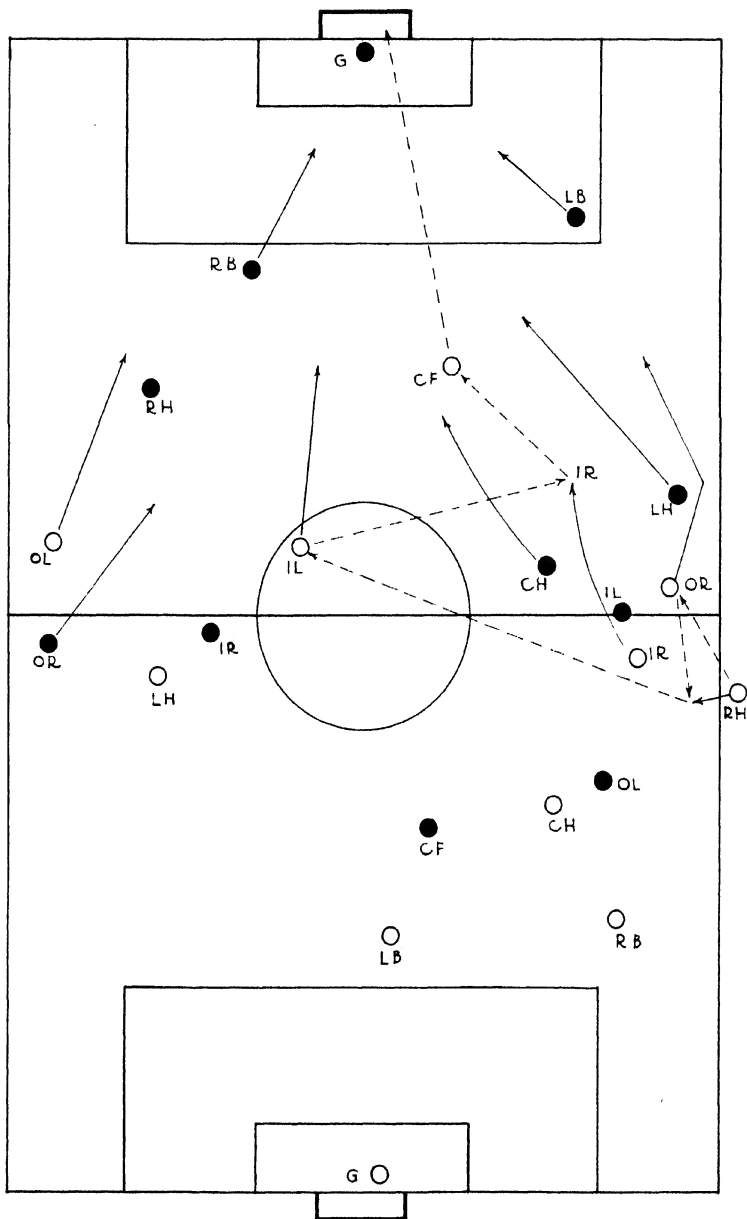
SCORING PLAY FROM KICK-OFF

Center forward kicks to the inside right who passes to the outside left. The latter passes to the center forward, now before the goal, and the center forward shoots for a score.



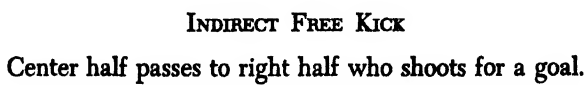
SCORING FROM GOAL KICK BY THE FULLBACK

Right fullback kicks to outside right who passes to inside right. The outside right races down the field to take pass from inside right and then shoot it across the pitch to the outside left who takes shot at the goal.

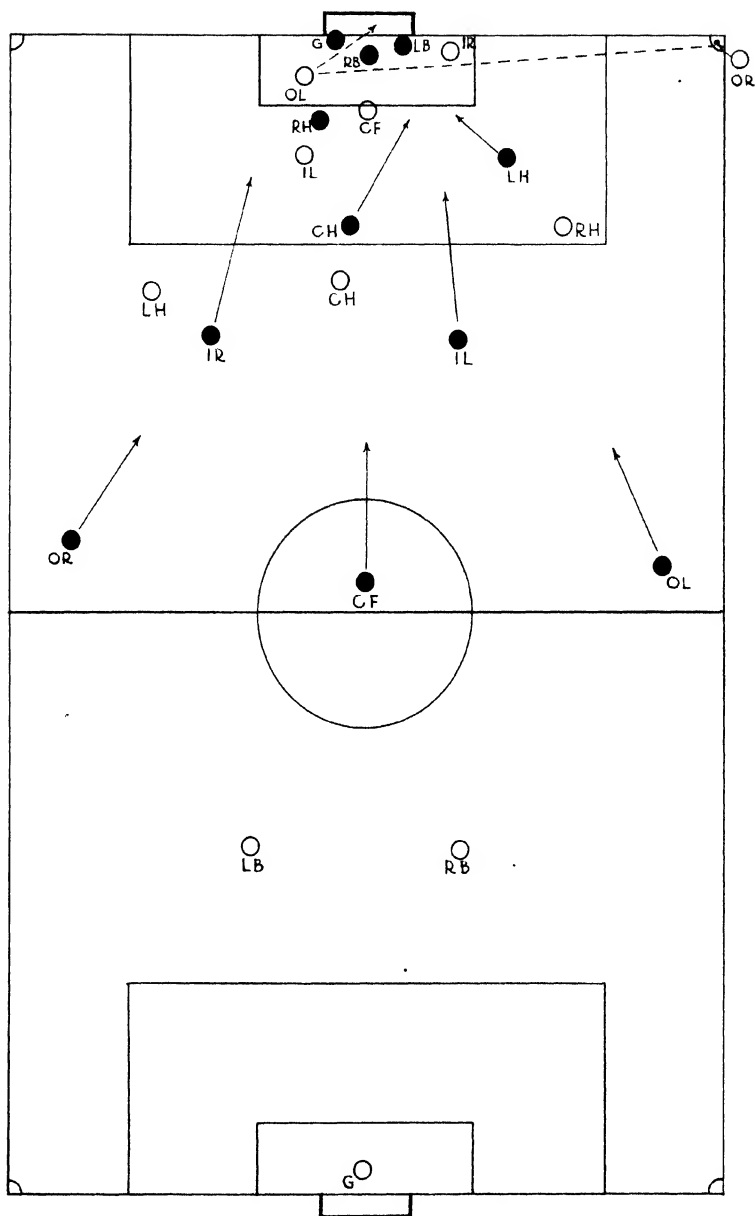


PLAY FROM THROW-IN

Right halfback tosses the ball to the outside right who returns it to the right halfback who sends a long pass to the inside left. The latter passes to the inside right who kicks it to the center forward for a shot at the goal.

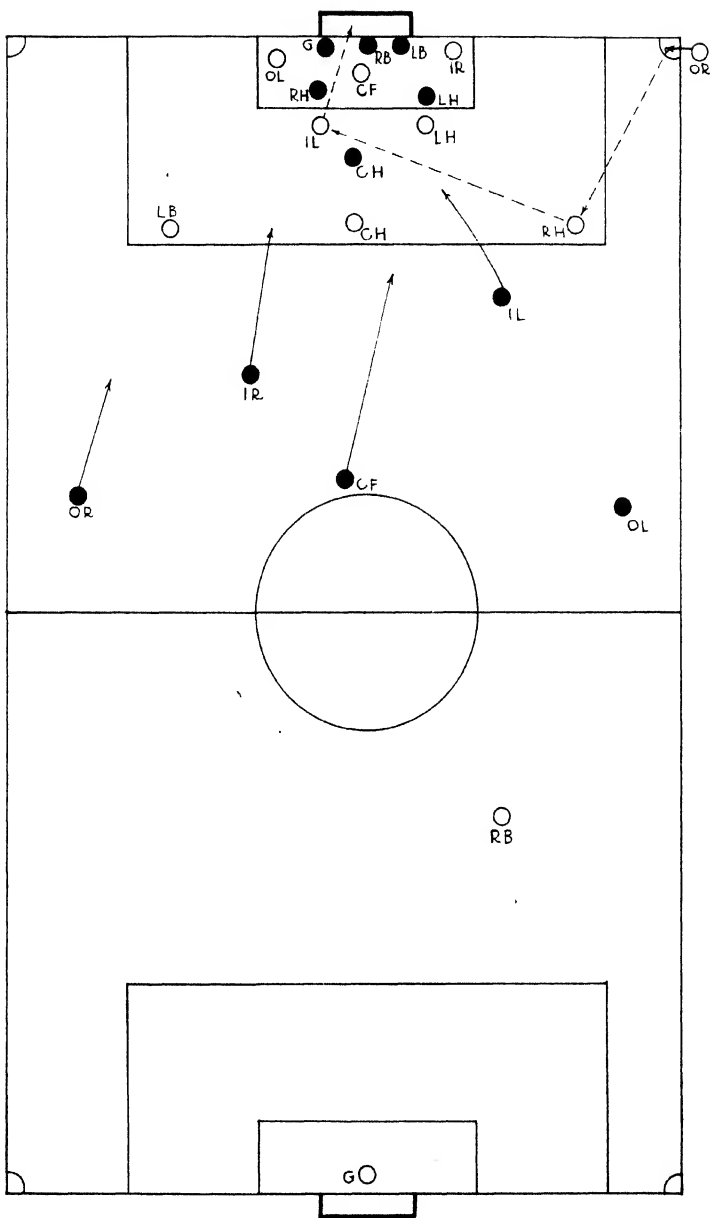


Center half passes to right half who shoots for a goal.



CORNER KICK-1

Outside right kicks to the outside left at the far side of the goal area who heads the ball toward the goal.



CORNER KICK-2

Outside right passes to the right half who shoots the ball to the inside left for a shot at the goal.

IX. GENERAL RULES SUMMARY

(Complete official soccer rules may be found in the *Official NCAA Soccer Guide*, published annually by A. S. Barnes & Company.)

INFRACTIONS OF RULES

MOST infractions of the rules in soccer in game play are the following: touching the ball with the hands, charging an opponent, tripping, pushing, playing off side, jumping at an opponent, holding an opponent, or making a dangerous play by trying to kick the ball which is head high, being headed by an opponent. Every one of these infractions is penalized by a free kick awarded against the offending team.

PENALTY KICK,

If a defensive player touches the ball in the penalty area, a penalty kick is awarded against the defensive team from a spot in the center of the penalty area, 12 yards from the goal. Here the only player who is allowed to defend the goal on the kick is the goalkeeper; all the other members of his team stand outside the penalty area until the kick has been taken. After the kick has been taken by an attacking-player, the other members of the defending team may run into the penalty area to assist the goalkeeper if he has succeeded in partially stopping the ball, or if he has caught the ball.

DIRECT FREE KICK

There are two types of free kicks. The direct free kick is one from which a goal can be scored directly. An indirect free kick is one from which a goal cannot be scored unless touched by another player before it enters the goal.

A direct free kick shall be awarded a team for any infraction occurring against that team outside the penalty area by any of the following acts:

Kicking, striking or jumping at an opponent; handling the ball; holding or pushing with hands or arms; using the knee on an opponent; violently or dangerously charging an opponent; charging an opponent illegally from

behind; charging an opponent while he has both feet off the ground; placing hands or arms on an opponent; carrying by the goalkeeper. A direct free kick is taken from the spot where the violation occurred.

If any of these occur in the penalty area, a penalty kick is awarded, except for carrying by the goalkeeper.

INDIRECT FREE KICK

The goalkeeper who carries the ball for more than four steps in the penalty area without bouncing it commits a violation. An indirect free kick is awarded the opposing team in such cases. Other violations are: ungentlemanly conduct on the pitch; entering the game without reporting to the referee; showing, by action or words, dissension with the referee's decision.

Usually when a dangerous play has been made, the referee will caution the offender against a repetition. Should the offender be sent out of the game for his action, he cannot return later.

THROW-IN

When the ball passes over the sidelines, the team last touching it loses possession of the ball. It is put into play by a throw-in from the point where it went out. The player making the throw-in must hold the ball in both hands over his head, face the field and have part of each foot either on or outside the sideline.

CORNER KICK

When the ball goes out of bounds over the goal line, either in the air or on the ground, and has last been touched or played by a defending player, a corner kick is awarded the attacking team. It must be taken from the corner quarter circle on the side where the ball went out. A goal can be scored directly on this play.

SCORING

A goal is scored when the whole ball passes over the goal line, between the goal posts and under the crossbar, providing it has not been thrown, carried or propelled by hand or arm or carried by a player of the attacking team.

A ball kicked into the goal by a defending player is credited as a goal

for the opposing team. If the ball bounces off the referee and enters the goal, it is also a goal.

The team scoring the greater number of goals during the game shall be the winner. When a tie results in a regular game, both teams can agree to play extra periods to decide the contest.

OFFSIDE

A player is offside if he is nearer his opponent's goal line than the ball at the moment the ball is played, unless:

- 1—He is in his own half of the field.
- 2—There are two opponents nearer their own goal line than he is.
- 3—The ball was touched or played last by an opponent.
- 4—He receives the ball direct from a goal kick, a corner kick, a throw-in or when it has been dropped by the referee.

(get offside diagrams in guide)

SUBSTITUTIONS

A substitute may enter a game only when the ball is not in play. Two substitutes are generally permitted but colleges and high schools often have their own rules about substitutions.

TIME OUT

The referee is the only one with the power to stop a game. Play is halted when a ball goes out of bounds and usually when an injured player requires first aid or is to be removed from the pitch.

OFFICIALS

One referee and two linesmen are usually assigned to a game. The linesmen's duty is to assist the referee in calling balls out of bounds. As the teams change sides for the second half, the linesmen do also.

X. KEEPING SCORE

SCORING records are important to the players, coaches, officials and newspapers and radio. The accompanying score sheet, originated by the author, records the lineup, substitutions, number and position of each player, names of the officials as well as all the statistics of the game.

The symbols representing the various team positions are those used in standard newspaper lineups. Their significance are: G—goalkeeper; RB—right fullback; LB—left fullback; RH—right halfback; CH—center halfback; LH—left halfback; OR—outside right; IR—inside right; CF—center forward; IL—inside left; OL—outside left.

Each team should assign a scorer to keep the record for his team as well as the opponent.

Opposite each position is a square to record each action taking place. For example, each time a forward kicks for the goal, a suitable mark should be made in the column, "Shots at Goal." If he scores on the shot, a mark is made in the "Scorers" column. If he has passed or deflected the ball to the scorer (of his team), he gets an assist.

In the summary at the bottom of the score sheet, the referee may sign his name to legalize the record. The statistics are useful in studying the progress of a team's play. In the course of a season, a coach knows at a glance those players scoring goals, committing fouls or tending to play in offside positions.

For many years soccer teams have exchanged lineups of their respective teams but they have not kept accurate records so important to the game if it is to reach the top popularity of other major sports in America.

SOCCER SCORE SHEET

DATE May 6, 1945 (Sample)

| POSITION | NUMBER | HISPANOS HOME TEAM | SHOTS AT GOAL | SCORERS | FREE KICKS | CORNER KICKS | PENALTY KICKS | FOULS | OFFSIDE | |
|-------------|--------|--------------------------|---------------|---------|------------|--------------|---------------|-------|---------|--|
| | | PLAYERS | | | | | | | | |
| G | 5 | RODRIGUERZ | | | | | | | | |
| RB | 16 | WATTMAN | | | / | | | // | | |
| LB | 2 | ABAJAN | | | / | | | / | | |
| RH | 3 | FERNANDEZ | // | | // | | | / | | |
| CH | 6 | BARRIO | // | | /// | | | / | | |
| LH | 15 | ROMERO | | | // | | | | | |
| OR | 10 | PRUHA | // | | | /// | | / | / | |
| IR | 7 | GONSALVES | //// | | / | | | | // | |
| C | 8 | SALCEDO | //// | / | | | | | / | |
| IL | 4 | MARTECHIK | //// | //// | / | | | | | |
| OL | 17 | TEMES | // | | | /// | | | // | |
| SUBSTITUTES | | | | | | | | | | |
| | 1 | BEST | | | | | | | | |
| | 14 | R. FERNANDEZ | | | | | | | | |
| | 12 | BRANDOLINI | | | | | | | | |
| | 4 | MARKS | | | | | | | | |
| | | | | | | | | | | |

REFEREE: JONES

LINESMEN: KORER
LINSTON

Soccer has a score sheet that is a valuable part of the game statistics. The author has compiled this complete score sheet to cover the game from the time the game starts until it ends.

This score sheet is simple to follow and its use during a season of play will give a coach or manager a definite idea of what his team has accomplished.

The symbols used in the lineup are for the following positions:

FINAL SCORE

HISPANOS

5

NATIONAL LEAGUE ALL-STARS

4

LEAGUE ☐

CUP ☐

PRACTICE ☐

| POSITION | NUMBER | ALL-STARS VISITING TEAM | SHOTS AT GOAL | SCORERS | FREE KICKS | CORNER KICKS | PENALTY KICKS | FOULS | OFFSIDE | |
|-------------|--------|-------------------------------|---------------|---------|------------|--------------|---------------|-------|---------|--|
| | | PLAYERS | | | | | | | | |
| G | 16 | FEKKERS | | | | | | | | |
| RB | 14 | KUHEL | | | / | | | | | |
| LB | 7 | SCHROEDER | | | / | | | / | | |
| RH | 5 | BRANDT | | | / | | | | | |
| CH | 3 | TORRES | | | // | | | // | | |
| LH | 12 | MARCHIORI | | | / | | | / | | |
| OR | 17 | BOSTRUM | | | | /// | | | // | |
| IR | 10 | TRIMMEL | /// | | | | | | / | |
| C | 1 | McDERMOTT | //// | / | | | / | | / | |
| IL | 2 | MATEVICH | //// | // | | | / | // | / | |
| OL | 11 | WOLFE | /// | / | | /// | | | / | |
| SUBSTITUTES | | | | | | | | | | |
| | 9 | CIPRA | | | | | | | | |
| | 6 | ROCCA | | | | | | | | |
| | 15 | SCOTT | | | | | | | | |
| | 4 | JORDAN | | | | | | | | |
| | 0 | RIEBE | | | | | | | | |

TIMEKEEPER: KORER

SCORE AT HALFTIME: HISPANO—3 ALL STARS—1

G—Goalkeeper
RH—right halfback
OR—outside right
IL—inside left

RB—right fullback
CH—center halfback
IR—inside right
OL—outside left

LB—left fullback
LH—left halfback
C—center forward

Note the method of using the score sheet indicated herewith: A small check mark in the square opposite each player's name is used to record vital information such as, shots at goal, scoring, fouls, offside, etc.

To make the game legal the referee should be asked to sign the sheet after each game.

XI. GLOSSARY

GOAL—A goal is registered when the ball passes between the goal posts beneath the cross bar.

PENALTY KICK—A kick taken from the 12-yard spot in front of the goal. It is awarded the attacking side for intentional handling (goalkeeper excepted), tripping, charging or holding by the defensive side within the penalty area.

OFFSIDE—A player is offside if he is nearer his opponent's goal line than the ball at the moment the ball is played unless: 1—he is in his own half of the field; 2—there are two of his opponents nearer to their own goal line than he is; 3—the ball was last touched or played by an opponent; 4—he receives the ball direct on the first play from a goal kick, a corner kick, a throw-in or if it has been dropped by the referee.

ATTACKING TEAM—The team in possession of the ball.

DEFENDING TEAM—The team trying to gain possession of the ball.

SAVE—Preventing a score.

MARKING—Covering or guarding a player and preventing him from getting a pass.

GOAL KICK—A kick awarded the defense when the ball is sent out of bounds over the end line by the attacking side.

FREE KICK—A kick awarded a team when an opponent commits a foul.

KICK-OFF—The kick-off is a place-kick taken from the center of the field at the start of the game, at the start of the second half and after each score.

THROW-IN—When the ball goes out of bounds at the sidelines, an opponent of the team which sent it out is given the ball to throw back into play.

CHARGING—Intentionally pushing an opponent from the ball or throwing him off balance.

CARRYING—When the goalkeeper takes more than four steps without bouncing the ball.

HOLDING—Obstructing a player with the hand or arm.

TRIPPING—Intentionally throwing or attempting to throw a player.

HANDLING—Intentionally playing the ball with the hand, arm or shoulder.

TACKLING—Attempting to kick the ball away from an opponent.

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